



3- Farewell,  
Capt. James



6- Earth Day

## Brief Notes

Beginning Friday, May 6, through June 18, **paving work will be performed on California Drive in the Hirase Area of Main Base.** The first section under construction will be from the Harbor View Club to Bldg. 100, Operations Department Building. This area will be under construction for three weeks, followed by three weeks of work from Bldg. 100 to the Government Vehicle Fuel Station. These areas under construction will be reduced to one lane traffic each working day from 8 a.m. to 5 p.m. We remind you to please be attentive to the directions given by the flagmen and follow safe driving practices when driving through areas under construction. Your patience throughout this construction work is appreciated. For further information regarding this paving work, contact ROICC at 252-3469.

## USO Notes

USO is seeking a **volunteer translator** to assist with the English outreach to Gion Elementary School. Please contact Courtney at 090-8914-8378.

**Movie night** will be held at the Fleet Landing every Wednesday at 7:30 p.m. Free popcorn and drinks will be served. This week's movie will be **'Tombstone.'** Call 252-3866 for more information.

For info on these or any other **USO programs** or services call Bridgett at 252-3866.

## Darby Science Fair

This will be the Second Annual Science Fair at Darby Elementary School. Students in grades Kindergarten through sixth grade will be participating in a Science Fair at Darby. While participation will be mandatory for grades four and five, students or classes from other grade levels made contribute as well.

The Science Fair gives Darby Elementary School an opportunity to show the Hario community what the school is doing. This event will take place Tuesday, May 3 at 6 p.m. in the Darby cafeteria. Projects will be based on what DoDDS Science Standards they address.

**DUI Counter:**  
3 days as of April 27

# Command Conference held by CTF-76



The Commander, Task Force (CTF) 76 (front row, center) poses with the forward deployed afloat commodores and commanding officers of CTF 76 after an April 21 Commanders Conference. (Official U.S. Navy Photo by CTN2 Mitch Hardin)

## Lt. Ed Sisk

*Amphibious Group One Public Affairs*

Commander Task Force (CTF) 76 held their first Commanders Conference with all Sasebo-based forward-deployed afloat commanders on April 21.

With the Forward Deployed Amphibious Ready Group returning two weeks ago from an eight-month deployment in the North Arabian Gulf and humanitarian relief operations in Sumatra, amphibious force commanders took the opportunity to discuss manpower, quality of service, operations, behavior ashore, and current and future readiness.

Commander, Amphibious Task Force

76, Rear Adm. Victor G. Guillory, emphasized the importance of the Navy's only forward-deployed amphibious force to reconstitute basic capabilities in order to align and maintain a culture of sustained readiness for future exercises, operations and area contingencies.

"After extended operations in the North Arabian Gulf to combat operations in Fallujah to humanitarian relief operations off the coast of Sumatra, it is essential that we take the time now to reconstitute our basic capabilities so that we are aligned to maintain a culture of sustained readiness for the way ahead," said Guillory.

During the unscheduled surge

deployment USS Essex (LHD 2), USS Juneau (LPD 10) and USS Harpers Ferry (LSD 49) spent 188 of the 236 deployed days conducting security and stability operations in Central Command Theater.

In the wake of the Dec. 26 tsunami in Southeast Asia, Essex and USS Fort McHenry (LSD 43) received orders to join Operation Unified Assistance providing approximately six million pounds of relief supplies to devastated areas of Indonesia.

Task Force 76 is the Navy's only forward-deployed amphibious force and is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo.

# Capt. James bids CFAS a fond farewell

*The following is an excerpt from an AFN interview conducted by JOSN Jason Zuidema with outgoing Commander, Fleet Activities Sasebo (CFAS) Capt. Michael James.*

**Zuidema:** How long have you been in Sasebo?

**James:** "I arrived in Sasebo in July of 2002, so two years and nine months."

**Zuidema:** How was your time here?

**James:** "It's been a very enjoyable experience for me. The one thing I think of a lot is that folks like me don't aspire to come here to a job like this. We come here because the Navy says this is where we need you and this is what we need you to do. You don't get a lot of prior preparation, and you don't get a lot of training. We don't think about coming to a job like this and being the commander of a shore installation. So in effect, I

would probably go as far as to say that you could probably ask the majority of folks that come to jobs like this, and they are like me and never had anything to do with shore installation management before they get here. Having said that, what you wind up doing is getting here and you quickly realize how much you don't know, and you figure out that you really rely on folks that are here working already and what they're doing and how they're doing their job and trust them and develop a level of trust and confidence in them pretty quickly that they're doing what they're supposed to be doing and doing it well. If they're not, you probably don't have the knowledge and experience to know that and you rely on them heavily. Having said that, the experience has been very enjoyable, because I've found that everybody here has done their job and does their job extremely well. They're very

professional at what they do and they have served me very well and have served the Navy very well during my time here."

**Zuidema:** How would you describe the Sailors at CFAS?

**James:** "The Sailors that come here are all a very special group of folks, because they want to be here for the most part. Frankly, if they didn't want to be here, they could've probably figured out a reason not to come. They all go through a process where they get screened before they come here, so in my mind, they're a cut above the typical Sailor that's out in the Fleet. And being a member of the Forward Deployed Naval Force, which is where 80 percent of the active duty folks that are here are, is in a forward deployed Naval force, the operating forces that are stationed here. They work very hard, they

Please see **Interview**, Pg. 3



# Hypnotist entrances CFAS with free shows

**JO1(SW) Ron Inman**  
*CFAS Public Affairs*

The first thing professional stage hypnotist Chuck Milligan will tell you is that there's no secret to his shows. Five minutes into his interview with *Soundings*, the former Marine Force Recon sniper and veteran Los Angeles police officer had already revealed the 'secret' to hypnosis – what he calls 'twilight time.'

"Twilight time is a natural human phenomenon that happens twice a day," said Milligan. "It's that time just before you go to sleep or wake up. Most people liken it to when you hear the phone ring while in bed, and are unsure of whether it was a dream or not. It usually lasts about 30 seconds. As a hypnotist, I stretch that out to an hour for my show, and during that time, people are extremely open to suggestion."

Milligan appeared in a series of free shows April 18-21 at the Harbor View Club, Galaxies Club and Hario Village.

This is his 16<sup>th</sup> visit to Sasebo in 14 years. He normally appears annually during the winter holiday season, but has appeared twice in the spring, including his most recent visit, to accommodate Sasebo's deployed ships, which were underway during his winter performances.

Milligan travels the country, doing 150 to 200 shows per year at colleges and universities, and also performs for Carnival Cruise Lines. He typically commands \$2500 per show, but all four of his shows in Sasebo were free.

He explained that he's doing the free shows to pay back the Sasebo community.

"The community has been really loyal to me, so this is my opportunity to give back – and see Sasebo in the springtime," Milligan laughed.

"I consider myself part of the Sasebo community," Milligan said. "I have many friends here and I've watched their children grow up. Some of them who weren't old enough to attend one of my shows now attend them. I remain friends and keep in contact with many people here."

During his hour-long show, Milligan makes the audience the stars of the show, calling for volunteers to be hypnotized. He explains to them how they'll be hypnotized and reassures them that he will not make them do anything embarrassing to them.

"I am very protective of people who come on stage," Milligan said. "I am here to entertain them, so I make sure they won't do anything they'll regret later – except, maybe, for the guy who gets up, under hypnosis, and sings like Shania Twain for the whole audience!"

Next, he coaches the volunteers through muscle relaxation techniques, and puts them into a relaxed state using visual imagery and soothing background music. The whole process takes five minutes, during which Milligan asks the audience to remain quiet, explaining that it's essential that those being hypnotized key in to the sound of his voice. He explains to the audience that while passing into the 'twilight' stage, those



**SLEEP!** A professional stage hypnotist directs a group of volunteers he hypnotized at one of his recent shows. (U.S. Navy photo by JO1(SW) Ron Inman)

being hypnotized will form a link to the sound of his voice, and unnecessary noise might prevent them from entering into hypnosis.

At the end of five minutes, the volunteers on stage all appear to be asleep. Milligan continues coaching them, telling them that they are subject to his touch and his voice. He then 'wakes' the volunteers. They look around the stage, smile, but do not interact with each other. To the audience, they appear conscious but not quite 'there.' There is a far-off look in their eyes.

Milligan asks the now-hypnotized volunteers if any of them has been hypnotized before, and two young men raise their hands. He asks the first to come up to the front of the stage. The young man tells him he'd been hypnotized in the States. Milligan puts his hand on his shoulder, then says firmly, "Sleep!" The young man drops to the floor like a

stone, seemingly unconscious or asleep.

The next volunteer comes up, and he does the same. This is where Milligan's show truly begins, as he makes rounds to the 16 chairs on the stage, touching each of the volunteers on the shoulder and telling them to sleep. Instantly, at his touch, they collapse – some to the floor, some into the laps of those sitting next to them.

In the interest of safety, he says, they are to imagine that they are wearing harnesses, and they will not fall out of their seats, no matter what. He instructs them to fasten the lap harness, then the shoulder harness.

For the rest of the show, unless he orders them to, not a single person falls out of their chair. Such is the power of hypnotic suggestion. The audience laughs, some stare in disbelief – but they have to believe, it is happening right in front of them. They see it, live, with their own eyes.

"There is no trick to it," Milligan said. "The hypnosis part is easy. Entering the 'twilight' stage is the hard part."

He explained that on a stage of 1-10, with one being the lightest twilight depth and 10 the deepest, he's looking for 4s, 5s, 6s and 7s for optimum hypnosis.

"Ones to threes will not enter into the proper state, and I will usually ask them to sit back down. Not because they've done anything wrong, but again they are there to have fun, and if they are not in twilight they won't really enjoy it.

"Eights to tens are so deeply into twilight that no matter what you tell them to do, they will just sleep."

The fours through sevens are the ones Milligan relies on for entertaining shows.

"I don't tell them how to react," he says "I set up scenarios, and they react to them on their own. It's how they react that makes the show fun."



**Everything's under (the hypnotist's) control...**Volunteers at the Apr. 20 show enter into a relaxed state during courtesy of hypnosis. (Official U.S. Navy photo by JO1(SW) Ron Inman)

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

**Sasebo Soundings**  
**PSC 476 Box 93**  
**FPO AP 96322-1100**



# Safeguard holds change of command

**JO2 James Kimber**  
*Amphibious Group One Public Affairs*

Lt. Cmdr. Doyle K. Hodges relieved Lt. Cmdr. Ed Thompson as Commanding Officer, USS Safeguard (ARS 50) April 21, in Sasebo, Japan.

Thompson took command of the Navy's only forward deployed rescue and salvage ship in July of 2003. During his tenure, Thompson says the most challenging salvage operation was recovering an Amphibious Assault Vehicle off the coast of Okinawa in 176 feet of water in August 2003.

"For a relatively small crew," Thompson continued, "they are highly capable and have always met the mission. No matter what challenge was thrown at them they always succeeded. I would like to serve with



USS Safeguard (ARS-50) held a change of command ceremony Thursday, April 21. (Released by CFAS Public Affairs)

them again, they are superstars in my book."

Thompson will be attending Naval War College in Rhode Island.

Hodges is a 13-year veteran of the Navy originally from Rockville, Md. He served as the Flag Aide for the Navy Inspector General.

Hodges said he is looking forward to the challenges and opportunities of his new command.

"I am incredibly excited at the prospect

of the challenges and opportunities coming up: salvaging an AV-8B Harrier, participation in multi-national exercises, and working with allied navies all over the Pacific. We have a remarkably talented crew, and I'm looking forward to a very successful deployment," said Hodges. Safeguard is the Navy's only forward deployed rescue and salvage ship and is a part of the Forward Deployed Amphibious Ready Group in Sasebo.

# Guardian deploys on joint exercise

**JO2 James Kimber**  
*Task Force 76 Public Affairs*

USS Guardian (MCM 5) deployed April 16 in support of Cobra Gold 2005, the annual joint and combined exercise involving armed forces from the U.S., Thailand, Singapore and the Philippines.

Guardian and embarked personnel from Explosive Ordnance Disposal Mobile Unit Five (EODMU 5) will participate in minesweeping and mine hunting exercises with their Thai counterparts.

According to Cmdr. Kurt E. Hedberg, commodore, Mine Countermeasures Division Eleven, exercises like Cobra Gold help strengthen the United States' international and regional ties through military cooperation and education.

"Cobra Gold is just one of the many exercises in this area of responsibility that the forward deployed mine countermeasures ships participate in," said Hedberg. "Exercises like this give our forward deployed Sailors an opportunity to witness and gain a better understanding of other forces' capabilities and techniques."

## Interview, from Pg. 1



Outgoing Commander Fleet Activities, Sasebo (CFAS) (left), shakes hands with the Japanese Maritime Self Defense Force (JMSDF) Vice Admiral after receiving the "Order of the Rising Sun" award from the Japanese government and Emperor of Japan Tuesday, April 26. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

do their jobs very well. The vast and overwhelming

majority of Sailors that are out here are doing a magnificent job and representing their country very well."

**Zuidema:** What do you feel that you've contributed to the Sasebo community?

**James:** "I think my most significant contribution since I've been here is keeping things on track and going down the right path to maintain a great level of community support and cooperation that has developed over the years. The kinds of things that I do are the kinds of things that probably don't have an immediate and very tangible reaction or outcome, but I'd like to think that in five, six or ten years from now, the things I'm doing with the local community, the relationships I'm developing and nurturing that have been worked on for so many years here, will still be there. And the people that come in after me will be able to take what I've done and build on that, and keep things going in the right direction and keep Sasebo going as a very viable part of our Navy presence here."

**Zuidema:** What will you miss most about Sasebo?

**Capt. James:** "By far, the people. And like I said, the

friendships that I've developed and the friendships that my wife Brenda developed will be my fondest memory and hopefully we'll have a chance to see those folks again. Hopefully we'll have a chance to keep those great friendships going for many years to come."

**Capt. James closing remarks:** "With the support that I've gotten and the friendships that we've developed, it's been a most enjoyable time in my Navy career, and I'll have nothing but fond memories of Sasebo as I move on."



Commander, Fleet Activities Sasebo (CFAS) recently attended his final frocking at CFAS, the frocking of a new Master-at-Arms master chief petty officer.

# Medical Inspector General to visit Branch Health Clinic

**Lcdr. Patrice Robinson**  
*Branch Health Clinic*

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and the Navy Medical Inspector General (MEDINSGEN) will conduct a joint accreditation survey of Branch Health Clinic Sasebo on May 9, 2005.

During this routine tri-annual inspection, these teams will be conducting focus group meetings that will include active duty personnel, dependents, retirees and civilians from our community here at Sasebo. The purpose of this letter is to respectfully request your participation in one of these focus groups.

This is an opportunity to speak with team members and to discuss the services Navy Medicine, specifically USNH Yokosuka and BHC Sasebo provide to its beneficiaries. More importantly, you will be given the opportunity to provide feedback to the Surgeon General of the Navy on services that you feel should be provided to BHC Sasebo in order for them to better support the health care needs of you and your family members.

The meeting will take place at the Community and Education Center. The schedule and classrooms are as follows:

**Classroom B**  
E1 – E4 8:30 – 9:45 a.m.

E5 – E6 10 – 11:15 a.m.  
Chiefs 12:30 – 1:45 p.m.  
Operational Personnel – 2:15 - 3:30 p.m.  
**Classroom C**  
Spouses, Retirees, Ombudsmen, Key Volunteers – 2:15 - 3:30 p.m.

Let us know if we can count on your participation! Contact me no later than COB April 29th. If you would like to participate or have any questions, please contact DTC Anderson at 252-2594 or at <AndersonB@nhypo.med.navy.mil>.



# Robinson named April's Volunteer of the Month

**JOSN Jeff Johnstone**  
*CFAS Public Affairs*

Fleet Activities Sasebo (CFAS) Security Patrolman, Master-At-Arms Third Class Damian Robinson, was named CFAS Volunteer of the Month (VOM) for April.

Robinson, the alter ego of the popular mascot for the Drug Abuse Resistance Education (DARE) program, makes cameo appearances at various command functions, and has devoted much of his life before enlisting in the Navy and since then to volunteer work, most notably as the friendly DARE Lion.

"I've been volunteering for a long time," said Robinson, who names the Boys & Girls Club and his hometown fire department, among others, as part of his past volunteer resume. "I do it for the fun of it. I'm never looking to get anything out of it. I enjoy interacting with kids and people in general. Volunteer work is a good way to meet new people," said Robinson.

Robinson, began playing a variety of fun characters at the age of 16. One of his more memorable moments occurred during his pre-Navy days almost nine years ago.

"I was playing Barney the purple dinosaur back in 1996. I was at the

governor's mansion in Delaware, and a little girl was clamped to my leg for over an hour," said Robinson.

Robinson has donned the DARE Lion

"I was 'King for a Day' at the Mardi Gras festival, and had the whole place dancing," said Robinson.

Even Robinson's wife Chiaki gets into

little kids cry," said Chiaki.

"Sometimes I even scare people," agreed Robinson.

Wearing the suit may look like all fun and games, but sometimes it can be a little uncomfortable for the person inside it.

"The head weighs about two pounds and the actual suit about seven," explained Robinson. "That may not sound like too much, but carrying it along with your weight, and when you start sweating, it makes it heavier. As heavy as it is sometimes, I can still move around pretty good. I can even do handstands and pushups. If I could've put my foot in the harness, I probably could've climbed the rock wall (at the Kid's Fest)."

He can even wield a spatula over a barbeque grill, like he did at this year's Kid's Fest.

"I'm actually a good cook in real life," said Robinson.

Robinson, whose next duty assignment is in King's Bay, Ga., says he will continue his volunteer work as a mascot.

"I'm not going to stop volunteering as long as I'm having fun doing it," said Robinson. "I like to find fun in things people may not always want to do. It's a different personality."



*A Master-At-Arms Third Class receives the Volunteer of the Month (VOM) award from the Commander, Fleet Activities Sasebo (CFAS), as his wife, looks on. (Official U.S. Navy Photo by JO1 (SW) Ron Inman)*

suit for the Kids Fest the past three years, the Essex Christmas party and, of course, various DARE activities.

the act sometimes.

"She's there to support me, just in case I fall over," Robinson joked.

"It's very cute, but sometimes it makes

# Task Force Uniform completes phase II conference

*Task Force Uniform Public Affairs*

Twenty-eight Sailors from commands throughout the fleet met in April to discuss ongoing issues regarding a variety of uniforms at the Task Force Uniform (TFU) Phase II Conference in Washington, D.C.

The panel discussed the possible need for the Navy to have a physical training uniform included in the seabag; what changes, if any, should be made to service dress uniforms for all pay grades; the modification or elimination of any dinner dress uniforms; and if the phase one concept of one year-round service uniform should be applied to E-7 and above.

Chief Navy Career Counselor Robbie Bledsoe, Navy Personnel Command, said the conference offered many previously unknown challenges, which the panel had to discuss regarding uniform changes. Overall, she said, the discussion was very insightful.

"The Navy is contemplating heading into new waters with changing uniforms into something more durable and lightweight," said Bledsoe. "I believe change is good and will be very effective with concerns to better uniforms across the board."

The conference attendees received a day and a half of informational briefings to establish baseline

knowledge of the TFU charter and the Navy's uniform structure, management and occasions for wear. Briefings included topics by subject matter experts and functional support personnel representing Naval Supply Systems Command (NAVSUP), Navy Clothing and Textile Research Facility, Defense Supply Center Philadelphia, and the Navy Exchange Uniform Program Management Office.

Following the briefings, attendees were separated into four groups and tasked to develop proposals and recommendations on targeted uniforms, and the associated policies and practices. Functional support personnel were present during the conference to provide any information to help with the decision making process.

Machinery Repairman 2nd Class (SW/AW) Ignacio Lopez said the support personnel helped the group members understand logistical requirements

of any prospective decisions.

Lopez explained how NAVSUP has to be allowed a period of time to deplete their current stock of uniforms before implementing anything new. He said the group also discussed the amount of money the Navy saves with a universal E-1 through O-10 uniform over a uniform

designed for specific pay grades.

As the most junior member on the panel, Lopez said each Sailor at the conference tried to keep Naval tradition in mind when making any decision.

"We didn't even want to touch the jumper uniforms," he said referring to the look of the service dress blue uniform being the most traditional picture of a Navy Sailor. "But we also found there were a lot of uniforms out there that people didn't care for."

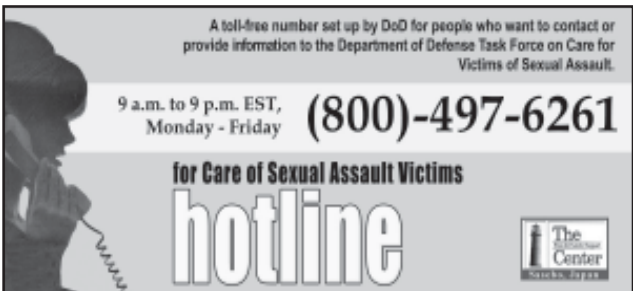
The groups reported their recommended proposals and options one at a time to the other groups and explained the rationale for their decisions. Afterward, the groups were asked to consolidate their recommendations and prioritize their recommendations into one proposal for the Chief of Naval Operations (CNO).

"I enjoyed the time and look forward to moving forward," said CNO-directed Command Master Chief (CNOCM) Don Kultti. He added he looked for TFU to continue to emphasize issues such as cost, simplicity and convertibility within various uniform components.

The next step in phase two is the development of the second fleetwide uniform survey, which will incorporate the recommendations and proposals from the conference. Once the survey has been administered and completed, responses from the Fleet will be reviewed, evaluated and documented along with phase two conference proposals and forwarded with recommendations to the CNO.



*A lieutenant assigned to Recruit Training Command, Great Lakes, Ill., briefs the Task Force Uniform Phase II Conference on the options currently available for a standard Navy-wide physical training (PT) uniform. The need for a PT uniform is one of many issues the 28-Sailor panel will discuss throughout the week. The panel is made up of Sailors ranging from E-5 to O-6 who are stationed at sea and shore commands throughout the fleet. (Official U.S. Navy Photo by Journalist 2nd Class Brandon W. Schulze)*





It's that time of year again to find great bargains for chinaware products produced right here in Kyushu. Travel & Tours folks will take you to the Annual Arita Chinaware Sale on Sunday, May 1 so you can spend the day hunting for bargains without having to worry about parking. All seats are just \$5. The Hasami Annual Chinaware Sale is also scheduled for May 1, and Travel & Tours has a bus heading out that way as well. All seats are \$5. For more information, call 252-3433.

What better way to spend a fine spring day than hiking along the forest to find a delightful little fishing spot? Sounds good to me! Your friends at the Sailing & Outdoor Adventure Center have scheduled a hike through Ryumon Valley with fishing along the way for Sunday, May 1, from 10 a.m. to 3 p.m. Cost is only \$12 per person, including fishing gear and bait. For more information, call 252-3500.

Your friends at the Sailing & Outdoor Adventure Center have arranged several hikes for you and your family and friends in May, beginning with the popular 99 Islands Overlook Hike on Friday, May 6. Cost of the hike, which will take place from 4 to 6 p.m., is only \$5 per person. For more information, call 252-3500.

Celebrate Cinco de Mayo on Thursday, May 5 at Galaxies and enjoy a delicious Mexican buffet while watching a special live on stage tribute to Jennifer Lopez. The Mexican buffet will be offered from 7:30 to 10 p.m. for only \$8.95 per person. The live tribute to Jennifer Lopez entertainment show, scheduled to begin at 8 p.m., is free. For more information, call 252-2980.

Enjoy a spectacular day riding the rapids on the Kumagawa River on Saturday, May 7 (rapids can't be


guaranteed) while skilled pilots steer you clear of danger. Youngsters are welcome, but be prepared to get wet. Following your boat ride you'll board a lift for a short ride to Kyushendo Caves where you can experience this awesome underground labyrinth of rock and water. Cost is only \$40 for adults, \$25 for children 6 to 15 and \$15 for youngsters 5 and under. Prices include transportation, escort and all entrance fees. For more information, call 252-3433.

All hands are welcome to participate in the Mother's Day Storytime & Create-A-Card event on Saturday, May 7 from 2 to 3 p.m. at the Library. The event is free for all ages. Make a special Mother's Day card and enjoy free snacks and drinks. For more information, call 252-3593.

Tee off early in the morning on Saturday, May 7 at the popular Tsukumo Golf Course and compete for the Sasebo Singles Handicap Championship title. Cost is \$5 to register, plus green fees (call the Fleet Fitness Center for prices). Entries due to the Fleet Fitness Center by Tuesday, May 3. Players will be grouped according to their established handicap. For more information, call 252-3588.

Treat Mom to a great family-style buffet at the Harbor View Club Sunday Brunch on Mother's Day, Sunday, May 8. No cooking, no dishes, no fuss, no muss. She'll really appreciate it. Doors will open for Sunday Brunch at 10 a.m. Price is only \$11.95 for adults, \$6.95 for children 4 to 10 years of age and free for youngsters 3 and under. Better call ahead for reservations, just in case. For more information, call 252-3965.

Bring the kids along for an exciting day at Safari Park on Sunday, May 8. You'll be able to see and feed animals such as lions, tigers and bears up close and personal, as they say. Don't worry, it's all perfectly safe. You'll also experience shows, an amusement area and can cruise through unique gift shops during your visit. Be sure to bring yen for snack, lunch and souvenirs. Don't forget to bring your camera! Prices are \$30 for adults, \$20 for children 4 to 14 and \$8 for youngsters 3 and under. For more information, call 252-3433.




# SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie schedule is  
subject to change  
without notice

FRIDAY, APRIL 29	SATURDAY, APRIL 30	SUNDAY, MAY 1	MONDAY, MAY 2	TUESDAY, MAY 3	WEDNESDAY, MAY 4	THURSDAY, MAY 5	FRIDAY, MAY 6	SATURDAY, MAY 7	SUNDAY, MAY 8
5 p.m. PG-13 <b>"The Pacifier"</b>	2 p.m. PG The Pacifier	2 p.m. PG Because of Winn-Dixie	6:30 p.m. PG-13 Be Cool	6:30 p.m. PG-13 Man of the House	6:30 p.m. PG-13 Sahara	6:30 p.m. PG Constantine	5 p.m. PG <b>"Ice Princess"</b>	2 p.m. PG Robots	2 p.m. PG Ice Princess
7 p.m. PG-13 <b>"Be Cool"</b>	5 p.m. PG-13 Man of the House	5:30 p.m. PG-13 Million Dollar Baby					7 p.m. PG <b>"Hostage"</b>	5 p.m. PG Ice Princess	5:30 p.m. PG-13 Sahara
10 p.m. PG-13 Sahara	7 p.m. PG-13 Be Cool	8:30 p.m. PG-13 Sahara					10 p.m. PG-13 Hotel Rwanda	7 p.m. PG Hostage	8:30 p.m. PG Hostage
	10 p.m. PG Constantine							10 p.m. PG-13 Cursed	



## HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, APRIL 29	SATURDAY, APRIL 30	SUNDAY, MAY 1	MONDAY, MAY 2	TUESDAY, MAY 3	WEDNESDAY, MAY 4	THURSDAY, MAY 5	FRIDAY, MAY 6	SATURDAY, MAY 7	SUNDAY, MAY 8
6:30 p.m. PG Son of the Mask	2 p.m. PG Because of Winn-Dixie	2 p.m. PG See the Mask	<b>NO MOVIES SCHEDULED</b>	<b>NO MOVIES SCHEDULED</b>	<b>NO MOVIES SCHEDULED</b>	6:30 p.m. PG-13 Hotel Rwanda	6:30 p.m. PG The Pacifier	2 p.m. PG The Pacifier	2 p.m. PG Because of Winn-Dixie
9 p.m. PG-13 Man of the House	6:30 p.m. PG-13 Miss Congeniality 2: Armed and Fabulous	6:30 p.m. PG-13 Diary of a Mad Black Woman					9 p.m. PG-13 Diary of a Mad Black Woman	6:30 p.m. PG-13 Be Cool	6:30 p.m. PG-13 Be Cool
	9 p.m. PG-13 Diary of a Mad Black Woman		<b>= Premiere</b>			No scooters, skates, skateboards, strollers or backpacks allowed in theaters. <b>NO OUTSIDE FOOD OR BEVERAGES.</b>		9 p.m. PG-13 Man of the House	

**SAHARA (PG-13)**  
Starring: Matthew McConaughey, Penelope Cruz, Steve Zahn, William H. Macy and Delroy Lindo  
A master explorer takes on the adventure of a lifetime as he embarks on a mission hunt through some of the most dangerous regions of North Africa. Searching for a long lost Civil War battlestar, he gets derailed and must use his wit to help a doctor who is investigating a series of deaths.

**HOSTAGE (R)**  
Starring: Bruce Willis, Kevin Pollak, Jenny Benett, Jenny Pinchak and Jonathan Tucker  
A police officer is engulfed by guilt from a prior stint as a negotiator. When a Mafia accountant is taken hostage on his boat, he must negotiate the standoff, even as his own family is held captive by the mob.


**CURSED (PG-13)**  
Starring: Christina Ricci, James Broun, Paolo Bonolis, Dante Allen and Jesse Eisenberg  
An estranged brother and sister living in Los Angeles are mourning the recent loss of their parents. They are brought together by a savage werewolf attack, forcing them to fight for survival, against the beast and the dangers of its violent curse.

**BE COOL (PG-13)**  
Starring: John Travolta, Uma Thurman, Denzel Washington, Vince Vaughn and Danny DeVito  
This is the continuing adventure of Chili Palmer, the strong-arm debt collector turned Hollywood movie producer. By the time the story begins, Chili has abandoned the flicker movie industry. His adventures concern the music industry where he becomes the promoter of a struggling singer who is being pursued by the Russian Mafia.

**ICE PRINCESS (G)**  
Starring: Michelle Trachtenberg, Jean-Claude Van Damme, Hayden Panettiere and Peter Onorati  
Brandy Casey Carlyle has never quite fit in. Caught between her fantasy of becoming a championship figure skater and her strong-willed mother, she can only hope to be like Nikki, Tiffany and Gen - three elite skating prodigies who are relentlessly competing on the United States National circuit. But when Casey gets the chance to train with Gen (her coach), she must slash her own mother's hopes in order to pursue her dream.

**Premiere Feature**

**THE PACIFIER (PG)**  
Starring: Vin Diesel, Lauren Graham, Brittany Snow, Garry Shandling and Boke Yoon  
Vin Diesel stars as a Navy SEAL who is an elite member of the world's fiercest and most highly trained military force to take on any duty no matter how perilous or impossible... until he meets baby-sitting. Assigned to protect the five out-of-control children of an assassinated senator working on vital government secrets, Shane is suddenly faced with juggling two outspaciously incompatible jobs: fighting the bad guys while keeping house.



**vin DIESEL  
the PACIFIER**

No, I'm not talking about fine Italian pasta here, although Rose does love going to Pinocchio's out at Kashimae Pier on occasion, and the tab can come in pretty high sometimes. I speak of the famous spaghetti-ware so many Americans are in love with and for which the sales price is so *takaii*.

As a born and bred American I find myself skeptical when faced with prices ranging from a couple of hundred dollars to a few thousand dollars for a bowl, a cup, a plate, or some other piece of decorative bric-a-brac or display item. I'm more accustomed to wandering around in a Target, Walmart, or for something really upscale, perhaps a Pier One Imports, to find affordable and eminently yard-sale worthy articles with designer panache.

During the recent visit of Ms. Sheila McNeill, National President of Navy League of the United States, our Sasebo Council's Japanese membership arranged for a pottery tour by Mr. Tomonaga, the fourth generation owner of a very famous kiln in Hasami where the famous spaghetti-ware is produced. We toured the shop, where all of the high priced items sat, smugly watching me walk past them in search of inexpensive bargains, that were few and hard to find.



Then we were taken for a short walk back to two of the work shops where pottery was being shaped, painted, and having the strips of “spaghetti” applied. I couldn’t believe the efficiency of the older men and women who sat quietly pulling off pieces of thin clay from long strings of the stuff, and applying it, piece by piece to form the intricate meshwork that makes up spaghetti ware.

They have a machine, much like a spaghetti maker or meat grinder, that globs of clay are fed into and as the handle is cranked, long thin continuous lengths of perfectly formed clay materialize from the front end.

These strands are coiled in lengths of about six feet, and stacked on a table, awaiting pick up, as needed, by one of the artisans sitting at the work benches applying the strips to the pottery.

Many shelves are full of pottery that has the spaghetti applied and await firing, while other shelves hold pottery that is noticeably plainer, for the lack of the latticework of clay. Glazing, firing, more painting, more glazing and firing, with the addition of even more detail, each piece is tediously marched through the process numerous times before ultimately finding its way to display on the showroom floor, or is packed in boxes for shipment to stores around the world.

I have infinitely more respect for the value of these pieces after witnessing the effort that goes into the making of this pottery. While I am still reticent to let Rose splurge on the purchase of such items, I now can appreciate why they are not being sold as blue light specials on aisle twenty-three of your local K-Mart.

**ONE FREE MOVIE!**  
with the new MWR  
**CINE-PASS**

Receive one stamp for each movie admission.  
Collect 7 stamps, your 8th movie is FREE!

**ON SALE NOW!**

**Cine-Pass**  
available for purchase at:  
• Showboat Theater  
• Hario Theater  
• Travel & Tours Office

For more information  
call 220-2968

**Great Gift Giving Idea!**

1. All sales are final. No refunds.
2. Use stamps only for the designated movie.
3. All stamps must be used for the designated movie.
4. All stamps must be used for the designated movie.
5. All stamps must be used for the designated movie.
6. All stamps must be used for the designated movie.
7. All stamps must be used for the designated movie.
8. All stamps must be used for the designated movie.
9. All stamps must be used for the designated movie.
10. All stamps must be used for the designated movie.



# CFAS observes Earth Day; essay contest winner announced

**Thomas Smith**  
*PWD Environmental Department*

### 2005 Environmental Essay Winners

This year’s theme for the environmental essay contest held during our Earth Day observance, April 18 -22, 2005 was “Protecting Our Future and Our Children”. Participants represented students from grades 7-12 with 65 papers being submitted by the Wednesday cut-off. Although the judging was difficult this year due to the many fine presentations, we had to pick the top three papers. The final standing came out with Mark Bote in 1st place, Nina Navarro in 2nd place, and Charles Howard as 3rd place winner. Please see the first place essay below.

**Protect our future and our children**

*By Mark Bote*

“Children are one third of our population and all of our future,” says an anonymous quote that shares the feelings of our society as a whole. In our history, mankind and society have placed very high values

on the children and the future of our world. As a society, we are always looking towards the future of our children. We are always looking and wondering how things are going to be like in the future. We are too excited to see what new gadgets and gizmos are set to better our children’s lives in the future. We spend half of our day wondering “when is this going to happen” or “life would be great when this happens”. We live and continue to work towards what can happen; even if we know that it won’t happen in our lifetime. We do so because we believe that we are doing it to better the world and anything that would better the world, would better our children’s future.

As mankind has been spending time



*The essay winner (left) is congratulated by the Fleet Activities Sasebo (CFAS) Chief Staff Officer (CSO) Friday, April 22 for achieving first place in the Earth Day essay contest. (Official U.S. Navy Photo by JOSN Jeff Johnstone)*

thinking about their children and the future, we have not thought of our present and the main thing that we have to worry about, our environment. Without our environment, our children would not have anyone or anything to live on or for. The environment provides the simple necessities that we take advantage of everyday. It has provided us with food, shelter, resources, and even the extra fun technology that has made our lives better.

Even though our Earth has provided us with these necessities, we have to over-use and abuse our earth’s resources. We have continues to destroy our earth and

endanger our environment. We do these things without even thinking about it. We even do it in our sleep. For example, the simple acts of turning on our heaters to keep us warm at night might have caused a burden on the environment. Even if it were a little burden and seems to be insignificant, all the little burdens would add up and cause a great burden, like “Global Warming”. As we think about our children’s future, we should think about our actions today. According to the late Pope John Paul II, “The future starts today, not tomorrow.” We need to continue to make progress today for the future tomorrow. We would all be obsolete and non-existent, if it weren’t for our environment so it is our duty to protect it. A Native American proverb says, “The earth is not inherited to us by our ancestors, but is borrowed from our children.” We need to think about our actions and our environment for it is part of our today and our children’s future. If our main focus of our society is to look after our children and future, it is necessary that we look after their earth, their environment.

## Safety Corner: Facts about radon

**Charles Carr**  
*CFAS Safety Department*

**What is radon?**  
 Radon is a colorless, odorless radioactive gas that comes from the natural breakdown (radioactive decay) of radium, which is itself, a decay product of uranium. Uranium and radium are both common elements in the soil.

**Where is radon found?**  
 The major source of high levels of radon in homes is soil surrounding the house, particularly soil containing uranium, granite, shale, phosphate and pitchblende. Radon gas from the soil can enter a home or building through dirt floors, hollow-block walls, cracks in the foundation floor and walls, and openings around floor drains, pipes and sump pumps. Radon is more concentrated at lower levels, like basements, ground floors and first floors. Radon problems have been identified in every state, and tests are being conducted around the country to identify the extent and magnitude of the

problem. The U.S. Environmental Protection Agency (EPA) estimates that as many as one in 15 homes in the U.S. have elevated radon levels. Any home may have a radon problem. The National Safety Council and the Environmental Protection Agency recommend testing all homes below the third floor for radon. Testing in schools is also recommended.

**What are the health effects of radon?**  
 Radon is the second leading cause of lung cancer, causing thousands of deaths each year in the United States. It is the leading cause of lung cancer in non-smokers. As radon decays and is inhaled into the lungs, its byproducts release energy that can damage sensitive lung tissue and lead to lung cancer.

**How is radon measured?**  
 Radon is measured in picocuries per liter (pCi/L) of air. The three most common commercially available test kits are charcoal canisters, alpha track detectors, and electrets (available for between \$10 and \$25). EPA recommends placing the test kit in the lowest lived-in level in a home where it is left to gather a reading; after a few days (for charcoal canisters and electrets) or months (for alpha track detectors and electrets), the test kit is simply returned to the laboratory for results. If results indicate a high radon level, a second test should be conducted to verify results.

**What can be done about radon?**  
 A variety of methods are used to reduce indoor radon levels, from sealing cracks in floors and walls to changing the flow of air into the home. If test results indicate a radon problem, a state certified and/or EPA-qualified contractor who specializes in reducing radon levels should be consulted.

## Sasebo Elementary, E.J. King perform version of ‘The Frog Prince’

**Beth Martin**  
*Sasebo Elementary Correspondent*

Within moments of walking into the Sasebo Elementary gym on Friday, April 22, you would have found yourself in the midst of a swamp.

Two things would have become immediately obvious: frogs and prissy princesses don’t mix and the students of Sasebo Elementary School and E. J. King High , under the tutelage of the Missoula Theater, can certainly put on a good production, even with only two days of preparation.

The Missoula Theater production ‘The Frog Prince,’ starring Sasebo Elementary and E.J. King High school students, received rave reviews from audience members. They laughed as Princess Prim squealed with disgust in the hideous swamp, held their breath as she lost her

golden ball, sympathized with the poor frog, the play’s protagonist, as he arrived at Princess Prim’s castle only to be spurned at the door. The audience cheered at the flamenco-dancing flamingoes, the Swamp Things, the ducklings and the “good knights.” Although almost everyone knows the classic story of the princess and the frog, this version was reinterpreted with a twist, to include important themes about friendship, the importance of promises, and accepting ones’ self. Through Princess Prim, they came to understand how they could hurt someone should they not keep their promises, and through Frog they learned the importance of dealing with whatever comes along in life with flair and panache. Young and old alike, all enjoyed and took special meaning from the Missoula play ‘The Frog Prince.’

### Single Sailors invited to “Reality Check”

“Reality Check” is a program that is sponsored by the CFAS Religious Ministries Department under the supervision of Chaplain Mitchell, and is designed for single Sailors assigned to and home ported at Fleet Activities Sasebo. Meetings will be held every Friday at 7 p.m. at the Community and Education Center, second deck in classrooms D and E. Weekly meetings will include complimentary food and drinks. This casual environment is a wonderful opportunity for single sailors to meet

new people, express their thoughts and opinions on the issues in the world today. This casual format ties in movies, books, and current events, which are important to the sailors of today’s Navy, hence the name “Reality Check.” The program also includes organized special events and activities just for single sailors that are designed for fun, relaxation, and an opportunity to get off of the ship, out of the barracks. Activities include local recreational events as well as day trips to enjoy Japan’s many sites and wonders.

**MILITARY.COM**  
**SPOUSE SURVEY**  
 on licensing and certification issues

<http://www.military.com/survey/spouse>

Data collected will assist spouses with licenses/certifications in their future employment.



# CLASSIFIEDS

## VEHICLES

(Exp. May 16) **1992 Toyota Estima Van.** Diesel, dark blue. 4 Captain's chairs, JCI '06. Power windows, A/C, heat. Runs great. Great family van. \$3,000, OBO. Call 252-8664 or 090-7465-4534.

(Exp. May 6) **1996 Nissan Infiniti G20.** Excellent condition. Tires less than a year old, recent oil change and inspection. CD player and remote, Air conditioner, nice interior. Less than 78,000 kilometers. JCI '07. \$5,000. Call Alex at 080-5209-2189.

(Exp. Apr. 29) **1994 Honda Integra.** Four door, silver. 111,000 km. A/C and heat, radio, CD, stereo. Looks and runs great. JCI '05. \$2,000 (OBO) Call 252-8626 or 090-7537-8926.

(Exp. Apr. 29) **1994 Estima Van,** JCI '06. Power windows, 6 disc CD changer, dual sunroof. Hide-away navigation and TV system. Great family van, \$4000 (OBO). Call 252-8257 or 080-5241-6753.

## MISCELLANEOUS

**Multi-family yard sale.** Lots of toys, books, kitchen and outdoor items, stereo, weight bench, knick knacks and more for sale. 5009 Coronado Drive, Hario.

(Exp. May 20) Cherry wood, Queen Anne style dining table w/ four chairs, extra leaf, almost new, \$300. Jump-start CD-ROMS for 4th, 5th and 6th grades. Bought at Scholastic book order. Windows/Mac compatible, \$30/3. CD games like Barbie, Disney's Magic Artist, Animation Storybook and more, \$10 each OBO. PlayStation games also available. Call 252-8105.

(Exp. May 20) Comfortable cho living for sale. Japanese items: convection/microwave oven never used, rice cooker, vacuum (new), lounge chair, space heaters, electric heated carpet, electric blankets, ion halogen oscillating heater, kerosene pump, kerosene tanks and fans. American items: dehumidifier, queen bed, couch and love seat with matching pillows, portable mini screen TV, portable stereo, fans, CDs and VHS movies and more. Prices negotiable. Call 080-1704-4540.

(Exp. May 20) AFN Satellite dish for sale, \$40. Japanese phone rights for sale, \$200. All sales are final. Call 080-524-08851.

(Exp. May 20) Phone rights for sale, \$275. Call 252-7416.

(Exp. May 13) Wanted: Used lawnmower in good condition. Please call 090-4513-7164.

(Exp. May 6) SkyPerfect Satellite dish, \$70. Call 252-8489.

(Exp. May 6) Phone rights for sale, \$275. Call 080-5209-8154 or 080-5209-2189.

## WHAT'S HAPPENING?

### May Lunch Specials at Harbor View Club

Enjoy a fine selection of delicious lunch specials during the month of May, prepared by Harbor View Club Executive Chef Charles Yost and his team of culinary professionals. Every Monday in May feast on breaded shrimp basket with French fries. On Tuesdays the special is BBQ baby-back ribs with country-mashed potatoes. The Wednesday special is homemade lasagna with meat sauce. Every Thursday in May you can enjoy roasted half chicken vesuvio with garlic potato wedges. The Friday May special is grilled filet of salmon with mustard sauce. Harbor View lunch specials are served Monday through Friday from 11 a.m. until 2 p.m. Price is only \$6.95, including one trip to the salad bar and your choice of iced tea or coffee. All entrees accompanied by chef's garnitures. For more information, call 252-3965.

### May Lunch Specials at Galaxies

Good things are always cooking' in the kitchen at Galaxies, and the month of May is certainly no exception. Their May Monday special features Mexican calzone served with rice and beans. On Tuesday the special is Yakisoba served with steamed rice and an egg roll. On Wednesday the lunch special is chicken

## HOME BUSINESS

### IMPORTANT INFORMATION

*Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.*

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967. New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555. Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New products. Call me anytime at 080 5201 7164 or ext.7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863. Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio, 252-7158 or 090-4515-7655. Check us out at <pacificpixels.com>. Taking care of all your portrait needs... "Where the focus is you...your style, your way." 252-7158 or 090 4515 7655.

Paws 'n' Claws Pet Kennel. If you know someone PCSing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation: Monday-Friday: 10 a.m. - 5 p.m. Saturday: 10 a.m. - 1 p.m. Sunday: 10 a.m. - Noon

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

curry served with steamed rice and a tossed salad. The May Thursday special features lasagna served with a tossed salad and bread sticks. Their May Friday special includes southern fried chicken served with whipped potatoes and vegetables. The Galaxies Food Court daily lunch specials, served from 11 a.m. while supplies last, are only \$5, and that includes a soda. For more information, call 252-2980.

### Quick Ball Tournament:

Friday, May 13 at 9 p.m. at the Fleet Fitness Center  
Teams will consist of a minimum of 4 players in this fast pitch whiffle ball event. Rosters Due to the Fleet Fitness Center by Wednesday May 10. Coaches meeting May 12 at 5:30pm in the Fleet Fitness Center.

### Captain's Cup Power Lifting:

Start Time 5 p.m., Fleet Fitness Center  
Friday, May 13, Registration deadline is Wed, May 11.  
Bench Press, Squat and Dead lift. Commands teams will consist of 3 members.

### Captain's Cup Pickle Ball Tournament:

Start Time 1 p.m.,  
Sunday, May 15  
Fleet Fitness Center  
Entries due Wednesday, May 11 for single/double elimination play.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090-5731-5744 or visit us at <www.photographybyferna.com>.

Authorized after hours AmeriCable Salesman/Installer. Base housing, BEH and BOH. Call 080 5246 2643 or 0956 24-5260 for price quotes. Free Installation. Ask for Jonathan Beaston, authorized AmeriCable contractor.

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PVW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G. at 252-8454.

## SUBSTITUTE TEACHER NEEDED

Substitute English teachers are needed at Nagasaki Junior College in Sasebo. Applicants must be a native English speaker and hold a 4 year college degree. If interested contact Penny Rower at 28-6565.

## BE A HOST FAMILY

Nagasaki Junior College of Sasebo is conducting its homestay program May 9-June 3. Families interested in hosting a pair of English language students for a day need to pick up an application from your base post office bulletin board, or contact Penny Rower at 28-6565 or email at konnichiarower@yahoo.com.

## A reminder that deadline for Soundings submissions is Tuesday at Noon.

## UNIVERSITY OF PHOENIX

Get your Masters of Management with the University of Phoenix. If you are dedicated, have the enthusiasm to reach career and education goals and a drive to better your future, contact the University of Phoenix. Must have BA/BS and the desire to know more. Contact Kim Arthur at the University of Phoenix at 252-3044, Monday-Friday, 7:30 a.m.- 4 p.m. Classes begin April 27. Kim Arthur  
University of Phoenix Program Coordinator/Sasebo Japan  
<Kim.Arthur@phoenix.edu>  
Fax: 252-3043  
comm: 011-81-956-50-3044 commfax: 011-81-956-50-3043.

NAVY

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FFSC offers the following Financial Classes and Services:

For more information on FFSC's financial classes and services, call 252-3604/3121.

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- Credit Management
- TSP Program Awareness
- Car Buying Strategies
- Home Buying Workshop
- Savings & Investment Workshop
- Kids Financial Planning Workshop
- Command Financial Specialists Training
- Individual Financial Counseling

USO Notes

Fleet Landing is looking to fill the **Cyber Cafe Duty Manager** position. If intrested, please come by the USO Fleet Landing to fill out an application, or call Bridgett at 252-3866

**Stitching Group** meets at 6:30 p.m. the second and fourth Fridays each month at Nimitz Park.

**Fit 4 Fuji:**  
May 1- July 31  
Prepare to climb Mt Fuji, this summer...Get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers and start earning rewards and discounts, getting FIT to conquer Fuji. Simply take advantage of programs with OREC (hikes and kayaking classes) as well as numerous fitness opportunities (lap swim/ group exercise class/Fun Run events/ 30 minute cardio workouts or intramural sports with Fleet or Hario Fitness Centers and you're on your way! For more information call 252-3500.

**Lifeguard Certification Class:**  
May 8-13: 9 a.m. - 5 p.m.

Contemplating on your next duty station?

Come visit the FFSC Welcome Aboard Video Library.

We may have information on the military installation that you have in mind.

You can check out a video for one week and learn about the military installation you want to go to in the comfort of your home.

For more information call 252-3604/3101.

The Financial Center

Happy Mother's Day

Mother's Day is May 8

NEX Flowers

252-3506

Visit the Flower Shop for specials & gift ideas

Walk in purchases welcome while supplies last

Family Select

Portraits by Portraits International

LOCATION	REGISTRATION	PHOTO SHOOT DATES
SASEBO Fleet Exchange	May 05-15	May 20-23

FURNITURE BARN

Open Every Friday & Saturday at Warehouse 130

Save up to 75% off original prices

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We are your "Navy Family" store!

YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES

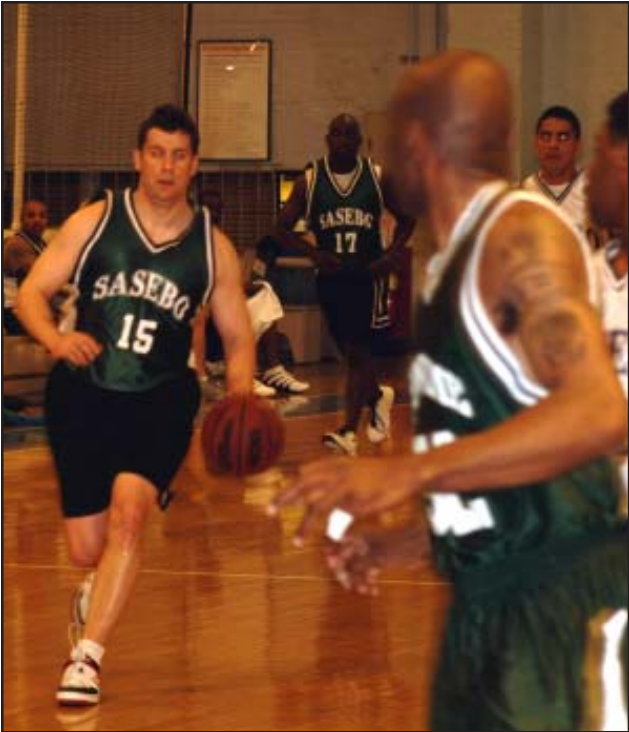




Fleet Gym 252-3588

Hario Gym 252-8691

# Showtime tops Essex, 67-46



A Showtime player (15) drives down the court during basketball action Tuesday, April 26 against the Essex. The Showtime throttled the Essex, 67-46. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

**JOSN Jeff Johnstone**  
CFAS Public Affairs

The Showtime rolled into the Fleet Gym Tuesday, April

26 and became a literal scoring cyclone as they blasted the Essex, 67-46.

The first half started off quick for the Showtime, as they went on a 20-4 run, stifling the Essex on both ends of the court.

The Essex would need the entire first half to post a double digit score.

The half ended with the Showtime on top, 38-12. Essex would see their fortunes change in the second half, putting up 34 points thanks to improved shooting and a Showtime defense that halted their back court press.

The Essex late run seemed fruitless, however, as the game was called off due to the mercy rule with a little more than four minutes remaining.

Leading the Showtime's scoring onslaught was Andersen with 17 points, and Thornton and Alexander both combined for 12 points apiece.

The Essex were led by Sherman with 11 points, and Reed with nine points. The Showtime improved their record to 6-1, while the Essex dropped to 2-4.

\* \* \*

In other basketball action Tuesday night, the Gators edged the Warriors 57-54.

This game was competitive throughout, with a final Warrior basket attempt from mid court narrowly missing the basket.

The Gators held a slight advantage throughout the game, holding off the Warriors attempt at a comeback.

The Gators improved to 2-3, while the Warriors dropped to 1-6.

# MWR Athletic manager says sayonara to Sasebo

**Isaiah Mincks**  
MWR Athletic Manager

Well Sasebo, my time here has come to an end. It seems like just yesterday I stepped off the plane in Fukuoka. Actually, it was five years ago this month that I arrived, and I can honestly say that coming to Japan was the best decision that I have ever made (I came here single, and am leaving with a beautiful wife and a wonderful 2 year old daughter!). Right away the Sasebo Community made me feel like family, and the community here grows stronger with each passing day. Each and every one of you are now experiencing more culture in one day than the majority of your friends will in an entire lifetime.

I guess what I am getting at is that all of us have a limited time to live in Sasebo, and before you know it, your time might be up. Sasebo is a great place, so be sure to get out and experience Sasebo and the surrounding area of Japan as much as possible. And be sure to get involved in the internal community as well. The more you get out and attend programs, organized get-togethers, or volunteer on base, the more you will feel like Sasebo is home. I know that in my short time here I have made it my home, and a home that I am sad to leave behind.

For those of you who don't participate in the Sports & Fitness programs here (or any other MWR programs), I can't stress just how much you are missing out on. The IM sports leagues and the fun run clubs are enough alone to keep you in shape. Or perhaps you could take up golf during your stay. Golf is not as hard to do in Japan as you would think, and Kyushu has some of the finest golf in the world. Youth Sports is always looking for volunteer coaches, and I can't think of a better way to get involved in sports and the youth of the community. The Sasebo Soccer club meets weekly for pickup games, and there are several leagues offered over the course of the year in nearly every imaginable sport. So the next time you are complaining about there's nothing to do here, pick up a Sports Calendar or Showcase and **get involved**. Your Sasebo MWR staff is here for you, and they are prepared to offer you the best programs possible.

For any information concerning Sports & Fitness programs, please contact Alec Culpepper or Mark Haley (or any of the other wonderful sports staff members: David Glazier; Tony Benton; Miki Gilbert; Blair Bowden; Lizzle Paule; and the rest of the Fleet Fitness staff are always available to help you with any of your Sports & Fitness needs). As for me, it's off to Yokosuka, for a whole new set of "family" and an entire new community. I look forward to getting involved with my community as much as possible, and hopefully you will do the same. Goodbye Sasebo, I will miss you!

# Fitness Tip: The Pilates method of exercise

**Alec Culpepper**  
Fitness and Aquatics Director

The Pilates method is a system of movement and exercise, widely used by dancers, that was developed in the 1920's by a German physical therapist named Joseph Pilates. Pilate's exercises are designed to strengthen the body's core (the abdominal and back regions) by developing pelvic stability and abdominal control.

Proponents of pilates contend that the exercises improve flexibility and joint mobility and build strength.

This method of exercising stresses slow, controlled movements, and proper breathing. Here at Sasebo, we offer a free Mat Pilates class, Fridays at 0530.

Classes are held in the Spare Time Recreation Center aerobics room with Ms. Emily Baarson, our certified instructor.

If you are ready and looking to try something a little different please drop in and check it out.

## Upcoming Sports

### Fitness Assessments

Tests on flexibility, strength, cardiovascular fitness. Health risk appraisals for cancer, diabetes, heart disease, stress, and depression. Stop by Hario or Fleet Fitness Centers for an appointment. \$10 for civilians, active duty free.

### Fitness Intro Circuit Training

May 3 – June 30, every Tuesday and Thursday 11:30 a.m. - 12:30 p.m. at the Fleet Fitness Center No registration required, just show up to participate! Beginners and novices welcome and encouraged. Learn about the equipment and proper lifting movements. Training will be conducted either 1-on-1 or in-group setting depending on number of participants.

### Sasebo Golf Club Championship:

First Tee Time is Saturday, May 7 at 7:30 a.m. at the Tsukumo Golf Course. This tournament is a singles handicap competition. Players will be grouped in flights according to established MWR Handicaps. Register as early as possible to guarantee a spot. Entries due no later than May 3.

## Sports Results

Congratulations to **E.J. King NJROTC Cobra Company** for winning the Captain's Cup Earth Day PRT 3K Challenge!

### Men

10:13 - Trent Veltcamp - Dental **(1st)**

10:30 - Dominique Johnson - EJK NJROTC

### (2nd)

11:07 - Dre Johnson - EJK NJROTC **(3rd)**

### Women

14:13 - Yvette Reeves – Dependant **(1st)**

15:22 - Jemari Nimedez - EJK NJROTC **(2nd)**

## Upcoming Sports (cont)

### Body Composition Challenge

May 2 – June 30, Fleet Fitness Center Sign up anytime during the program Most improvement of Body Composition (loss of % body fat, relative to body weight). Awards will be presented on July 1 for the top 3 men, and top 3 women.



**FROM THE BENCH**

with hosts  
**Isaiah Mincks**  
**Dennis Lebling and Dave Glazier**

Thursday mornings 8:00 – 9:00

